

HALIFAX metro®



Andrews showing his playoff worth

The Mooseheads forward earns praise from the coach after a strong first two games **PAGE 25**



WHY MUST I BE A TEEN ALIEN IN LOVE?

TWILIGHT AUTHOR STEPHENIE MEYER'S LATEST SAGA OF INTERSPECIES LOVE, THE HOST, SWAPS VAMPIRES FOR BODY SNATCHERS **PAGE 18**



Premier Darrell Dexter speaks to Grade 10 students at Citadel High School in Halifax on Monday about a new online portal that will let students apply to several universities in the province at the same time. More coverage, page 3. JEFF HARPER/METRO

Legislature in for 'budget session': Premier

Election coming?
Opposition set to scrutinize and remind public of NDP record



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The provincial legislature resumes sitting on Tuesday, kicking off what Premier Darrell Dexter calls a "budget session" that will focus on balancing the books and setting the stage for the next election.

Dexter's NDP sits behind Stephen McNeil and the Liberals in a March 6 poll by Corporate Research Associates. But on Monday he said this legislative session will show everyone how the NDP has dealt with economic challenges and how its investments will pay off.

"We are getting now to a

Standing by his record

- The new session of the legislature will underline initiatives the NDP wants to focus on and show how the government's investments in industries such as shipbuilding and paper have "come to fruition," Premier Darrell Dexter said on Monday.

place where we're going to be able to balance the budget this year. That's going to be a big accomplishment," Dexter said.

"Not just for the government, but for the people of the province, because all sectors of the economy and all sectors of the province ... (have) had to put something in the mix."

Dexter has promised to deliver a balanced budget by April 2 and lower HST by one point this summer, but he would not

put a date on the next election. The NDP mandate runs out in June 2014.

"We're gonna use the amount of time that we need to use in order to allow Nova Scotians to see what the results have been, and chart course for the future," Dexter said after an announcement at Citadel High School.

McNeil said the Liberals will scrutinize the budget and remind the public of the government's actions over the past four years. "They've added a billion dollars to the debt, more Nova Scotians are unemployed ... \$65 million cut out of public education," he said.

Progressive Conservative Leader Jamie Baillie has admitted he faces a challenge in the next election as the newest of the three leaders. "But my experience is that as Nova Scotians get to know me, my support tends to grow," he said.

WITH FILES FROM THE CANADIAN PRESS



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Budget. Think-tank advocates a tax-the-rich strategy to bring more revenue

The Canadian Centre for Policy Alternatives is recommending a series of tax measures — including making a temporary tax bracket for high-income earners permanent — ahead of the Nova Scotia budget next week.

In its alternative budget released Monday, the think-tank is urging the provincial government to introduce tax reforms that it says would boost revenues.

Several measures involve high-income tax brackets. In its 2010-2011 budget, Nova Scotia introduced a tax of 21 per cent on people earning more than \$150,000. But the government said it would repeal that once the books are balanced and has promised to table a balanced budget for the 2013-14 fiscal year.

The centre says revenues from that tax bracket were estimated to hit \$60.6 million this fiscal year.

"Most Canadians support a tax system which is progressive, with the tax level rising as income rises," the centre says.

The group says it would like to see the tax rate raised for the top two brackets — by one percentage point to 18.5 per cent for those with incomes between \$93,000 and \$149,999, and by two percentage points to 23 per cent for those making \$150,000 and over.

The government will deliver its budget on April 4.

THE CANADIAN PRESS



Premier Darrell Dexter jokes with students during a news conference at Citadel High School on Monday. JEFF HARPER/METRO

Province to simplify applying for school

Online portal.

Students can use one site to apply to multiple Nova Scotia universities



HALEY
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No more hopping from site to site or mailing off transcripts — students will soon be able to apply to multiple Nova Scotia universities with one application.

Premier Darrell Dexter met with Grade 10 students at Citadel High School on

Stay in school, stay at home

"We want you to stay here with family and friends."

Premier Darrell Dexter to students at Citadel High School.

Monday to announce an investment of \$400,000 into developing an online-application portal, as well as other educational projects.

"This will hopefully smooth the way for you," Dexter said to the teens, adding that their grade will likely be the first to fully use the portal in a couple of years.

Students will be able to send their transcripts through the same form online to any

number of Nova Scotia universities at once.

Mature students can also apply for advanced standing through the portal, based on the skills and experience they've gained in the workforce.

Dexter said that although the amount of money is small, the program will be "very important to a lot of young people."

"We'll be able to stream-

line their way into universities and to ensure that they're able to get proper consideration here at one of the 10 great universities we have," Dexter said.

Grade 10 student Julie Anderson said she thinks the online application will be a good program to help keep graduates around Nova Scotia.

"My family's here and my friends. I don't want to stray too far," Anderson said.

A spokesperson for the government said it's too early to know what the cost will be to students who use the portal, but it is something that will be addressed in the consultant's report.

1 NEWS



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Halifax school board proposes review of 4 elementary schools

Hot topic. 2 north-end schools among 4 being considered for review process and possible permanent closure



RUTH DAVENPORT
ruth.davenport@metronews.ca

The Halifax Regional School Board is holding an additional meeting Tuesday night for public feedback on the proposed review of four elementary schools for potential closure.

Board members will vote on a staff recommendation to review Joseph Howe, St. Joseph's-Alexander McKay, the Terence Bay site of Atlantic Memorial-Terence Bay elementary and the Waverley Road site of Sunnyside Elementary.

Christy Linders, the school board member for both Joseph Howe and St. Joseph's-Alexan-

der McKay, emphasized the review process doesn't necessarily mean a closure is inevitable — and said she's undecided about how she'll vote.

"I'm wondering if a review will do what I would hope a review would do ... give lots of people a chance to look at a whole bunch of alternatives and see if a new school eventually is the best alternative," she said.

The two north-end schools would potentially be replaced by a new elementary school expected to be included on the HRSB capital plan for 2013.

African Nova Scotian board member Melinda Daye said a review can provide new perspectives, but said many north-end parents and community members are still leery of the process.

"No matter where I look in that document, I see the word closure," said Daye. "So do you want to see Joseph Howe Elementary eventually close? No."



St. Joseph's-Alexander McKay School in north-end Halifax on Monday. JEFF HARPER/METRO

Daye said both Joseph Howe and St. Joseph's-Alexander McKay have strong ties to local community groups, and aren't convinced a single consolidated

school is a good idea.

"The question that I'm hearing is, 'Are you saying ... that we can only look at other options if we're under review,'"

said Daye. "Can we not look at other options, whatever the case may be?"

The Terence Bay review will determine whether students

Quoted

"Obviously, people love their schools. But whether they are, in the very long term, the best way to provide education for those students, is a question that we have to ask ourselves, too."

District 5 rep. Christy Linders

could attend the newly renovated and expanded Atlantic Memorial site in Shad Bay. The Waverley Road site of Sunnyside Elementary was vacated in September when students were assigned to Basinview Elementary under a boundary review.

Anyone wishing to speak at Tuesday's meeting must register with the board by noon.

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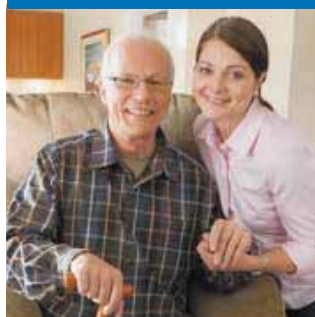
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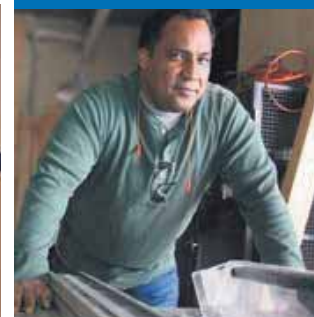
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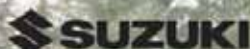
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GET CONNECTED



Hang up the skates. Oval closed for now, but may become year-round venue

HRM residents looking to kill time by sliding around in circles have one less option for the next eight months.

The Emera Oval wrapped up its second season on Sunday.

A release from the city states about 130,000 people have used the oval in the last three months — approximately the same as last year, despite a longer skating season.

"Even though we were open a couple of weeks longer, there were eight days this year when the oval was closed for either part of the day or for the entire day due to ice conditions not being suitable for skating," said HRM spokesperson Michaelyn Thompson in an interview.

Thompson said closures happened when conditions were too warm, or in the event of a heavy rainfall. Bitter wind chills also resulted in far fewer people coming out to skate, although the oval remained open.

In numbers

80

The number of days the oval was open to skaters this season.

The oval was open for a total of 80 days and hosted 15 special events, including speed-skating competitions and camps, carnival nights, family nights and "special occasions" such as New Year's Eve and Valentine's Day.

Regional council will consider a proposal during its budget planning to expand programming for year-round use, which would include summer events such as biking and in-line skating.

"This will be for council to decide as part of the budget discussion that's upcoming in April," said Thompson. "Any details on how that programming is structured and rolled out will still have to be determined." **RUTH DAVENPORT/METRO**



HMCS Ville de Québec heads to Halifax Harbour

The HMCS Ville de Québec heads past the McNabs Island lighthouse as it enters Halifax Harbour on Monday. The Halifax-class frigate is one of seven based in the city. **JEFF HARPER/METRO**

Caught on camera

Cops ask for public's help in ID'ing truck

Halifax police are asking for the public's help identifying a truck that was allegedly used to steal a Bobcat utility vehicle from Bayers Lake Business Park earlier this month.

Police say on March 3 at 7:30 p.m., the truck was at a parking lot at 102 Chain Lake Dr. and was used to steal the Bobcat vehicle being stored on site. The vehicle was captured on video and Monday Halifax Regional Police released four images of the truck and the Bobcat being carried from in-behind.

The truck is described as a early 2000 Chevrolet Silverado, heavy duty series. Police say because the front door logos were covered with duct tape the truck could belong to a local business.

Anyone with information is asked to contact police at 490-5016 or Crime Stoppers at 1-800-222-8477.

METRO



Police are looking to identify the owner of this truck.

HANDOUT

NOTICE

Collection & Processing Services Garbage/Organics/Recyclables



Residents of Halifax Regional Municipality are advised that there will be NO garbage, organics or recyclables collection services on Good Friday, March 29, 2013. Collection services for that day will be provided the next day, Saturday, March 30, 2013.

Collection services can begin as early as 7am. To ensure collection, residents can place materials curbside the evening prior to collection day.

NO COLLECTION
Fri., March 29, 2013

ALTERNATE COLLECTION DAY
Sat., March 30, 2013

Facility	CLOSED	OPEN	HOURS
Otter Lake Facility	Fri., March 29 Sun., March 31	Sat., March 30 Mon., April 1	7am-7pm
HRM Recycling Plant	Fri., March 29 Sun., March 31	Sat., March 30 Mon., April 1	7:30am-6pm
HRM HHW Depot	Sat., March 30	Sat., April 6	9am-4pm

For more information on HRM's composting and recycling programs, check your 2013 collection schedule found in HRM's Citizen's Guide to Municipal Services or visit Halifax.ca/Recycle



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Merger. Halifax tech companies link up

Two Halifax businesses are merging in order to focus on small and medium-sized companies in Atlantic Canada and Ontario.

GBS Mobility and PC Medic announced the merger on Monday. They hope to create a "one-stop shop for wireless and information technology solutions," according to a press release, and will focus on small and medium-sized clients in a competitive market as "new carriers emerge."

"By combining forces, we expect to see both businesses

And together they are?

GBS Mobility is a large TELUS carrier, while PC Medic offers computer assistance and PC and Mac products.

grow and break new ground," said Tino Klironomos, managing director of PC Medic.

Both companies will continue to operate under their own brands, and the merger will be ongoing over the next few months. **METRO**

Lake Charlotte

Gun, marijuana found in raid

A 49-year-old man is facing charges after a police raid of a Lake Charlotte home that turned up a firearm and cannabis plants.

The incident started at about 10:30 p.m. on March 23, when a 43-year-old man told RCMP he'd been

threatened at gunpoint in a home on Clam Harbour Road.

The Halifax Integrated General Investigative Section and RCMP ERT officers carried out a search warrant at the home the next day and seized a revolver-style pellet gun and "numerous" marijuana plants.

Richard Simpson, 49, of Lake Charlotte, was due in Dartmouth provincial court on Monday facing drug and weapons charges. **METRO**

Dartmouth. Man to remain behind bars in case where cop fired gun

An Eastern Passage man will remain behind bars until his next court appearance related to an incident last week that saw a Halifax Regional Police officer fire his gun.

Dressed in a Nike sweatshirt and jeans, Miguel Allan Brown, 18, offered his supporters a little smile as he walked into the Dartmouth provincial courtroom on Monday afternoon.

During a traffic stop Friday

morning in Dartmouth, police say a man confronted two officers with a firearm, and one cop fired his gun.

There were no injuries. Brown is facing seven firearm charges in the incident. After being remanded back to the Central Nova Correctional Facility in Burnside, Brown blew supporters a kiss as he left the courtroom.

KAYLA WOODSIDE/FOR METRO



Dr. Robert Strang, Nova Scotia's chief public health officer, fields questions at a news conference in Halifax in this file photo. ANDREW VAUGHAN/THE CANADIAN PRESS

Officials knew of E. coli outbreak: Documents

Health alert. Cases affected people ranging in age from 18 to 83

Public health officials in Nova Scotia knew they were dealing with an outbreak of E. coli five days before they informed the public about it in early January, documents obtained by The Canadian Press show.

The first sign that staff were aware of the outbreak of E. coli 0157 appears in two emails sent by the province's chief medical officer to staff at the Health Department and district health authorities on Dec. 31, 2012.

In one of the emails,

Dr. Robert Strang says the Health Department was in the process of gathering more information about the outbreak and officials would meet on Jan. 2 to assess it.

Notes from that day's meeting, which were released under access-to-information legislation, show that Health Department officials knew they were dealing with seven confirmed cases of E. coli 0157.

Those notes also show that six of those people reported eating at fast-food restaurants and they showed symptoms of the bacterial infection from Dec. 23 to 26, 2012. Officials were also aware of an E. coli outbreak of the same strain

Alert should have been issued earlier: Heath critic

Liberal health critic Leo Glavine said the province needs a more robust process to ensure timely disclosure of public health matters such as the E. coli outbreak.

- Glavine said because the strain of the bacteria is

potentially fatal, Strang should have issued an alert earlier.

- "I think within 24 hours, if the medical officer knows, he should be sending this information out to the public," he said.

in New Brunswick but decided to delay notifying the public, the notes show.

"There have been no media calls yet. Until we know what the link is, we will provide standardized messaging," the notes say.

"If NB is sending messa-

ging out, we should be consistent. Delay 24 hours."

It wasn't until Jan. 4 that the department issued a news release confirming it was investigating the cases, two of which required hospital admission. No one died. **THE CANADIAN PRESS**



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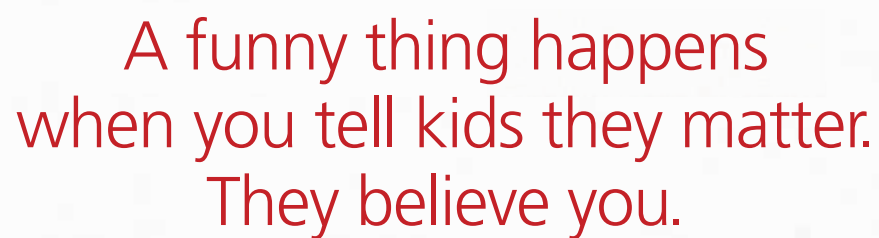
2013 Focus Titanium model shown.



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DREAM



Bus fare?

\$1.3-million bag leads to charges

A yearlong investigation into a bus passenger's million-dollar backpack has led to criminal charges.

Winnipeg police were called to a bus terminal in February 2012 and found a man carrying \$1.3 million in cash in a backpack.

A 50-year-old man was arrested but released with-

out charges pending further investigation.

Last month, Erwin Thomas Speckert of Minden, Ont., was charged with several proceeds-of-crime offences allegedly linked to illegal gaming in Ontario.

A warrant for his arrest was obtained, and he turned himself in last week.

Speckert has been released and is set to appear in court in Winnipeg on April 22.

THE CANADIAN PRESS

Once more with clothing

Prince Harry heads back to the U.S.

Britain's Prince Harry is returning to the U.S. — but skipping Vegas this time.

Harry, a supporter of charities that rehabilitate war veterans, will attend events at the 2013 Warrior Games, a competition between U.K. and U.S. veteran athletes.

His May 9 to 15 visit will include an exhibition on

Capitol Hill about landmine clearance and a tour of areas hit by Superstorm Sandy.

Harry will also play in a polo cup for Sentebale, a charity founded by Harry and Lesotho's Prince Seeiso to help poor children in the African country.

On his visit last year, the prince made headlines when he was caught frolicking in the nude with a woman after an alleged game of strip billiards in his Las Vegas hotel room. THE ASSOCIATED PRESS



Deputies of the Five Star Movement attend the second-day meeting of the new Italian parliament on March 15 in Rome. The party broke a world record for its MPs' median age. GIORGIO COSULICH/GETTY IMAGES

Italy's youth rise to power amid chaos

Five Star Movement. Protest party received quarter of all votes



ELISABETH BRAW
Metro World News in Rome

Italy's parliament is suddenly looking like a university auditorium. That's because many of the newly elected parliamentarians are students.

MP Laura Castelli, 26, once tweeted about a journalist who was chasing her: "He thinks we're extraterrestrials."

It's true that these new MPs have little knowledge of political proceedings: Most of them belong to the Five Star Movement, Italy's phenomenally

successful protest party.

"So many people voted for (leader) Beppe Grillo because they're nauseated by all the recent scandals," said student Luisa Ciaramella, 25, from Naples.

The median age of the Five Star parliamentarians in the lower house is 33 — a world record. Thirty-five of these new parliamentarians are under 30. And, as Grillo recently pointed out on his blog, his MPs are also Italy's best educated.

But while Italy's parliament enjoys an aura of fun rebellion, its problems remain grave.

Five Star has proposed leaving the eurozone, an idea Umberto Ambrosoli of the centre-left alliance called "very dangerous. They're just suggesting it to abdicate themselves from responsibility."

Holy smokes! Israel gets first kosher-certified cigarettes for Passover

Observant Jews in Israel craving a smoke during the weeklong Passover holiday that started at sundown on Monday can now enjoy a rabbi-approved puff.

It's the first time cigarettes have joined the long list of goods stringently checked to ensure they comply with Passover rules on what items are kosher for the holiday — meaning they have not come in contact with grains or other forbidden ingredients.

The chief rabbinate in Israel, however, disapproved.



Label reads: "Kosher for Passover." ODED BALILTY/THE ASSOCIATED PRESS

"Poison is not kosher. For all days of the year, not just Passover," said spokesman Ziv Maor. THE ASSOCIATED PRESS

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Sadistic, tyrannical, unstable ...

Startling testimony at inquest. Psychiatrist reveals the dark side of teen Ashley Smith

A teenage girl who killed herself in her prison segregation cell was highly unstable, showed sadistic tendencies and was one of the most difficult cases he had ever seen, a psychiatrist testified Monday.

Dr. Jeffrey Penn told a Toronto inquest into Ashley Smith's death that only top-quality psychological care could have helped her overcome her extreme problems.

"She presented one of the more severe personality pathologies that I have encountered," Penn said.

Smith was emotionally immature, giggly, took pleas-

ure in inflicting pain on others and had only a limited capacity for remorse, Penn testified.

"This young woman is essentially a large tyrannical child who can't tolerate limits, feels estranged and isolated from peers, unloved, unliked, and often hopeless," Penn once wrote.

Despite the problems, Penn said the mental-health system in prison is "better than people think."

THE CANADIAN PRESS

Her lonely end

Ashley Smith choked to death in segregation at the Grand Valley Institution in Kitchener, Ont., in October 2007. She was just 19.



Sign here please, PM ... you have a parcel of pandas

What's black and white all over and the centre of Prime Minister Stephen Harper's attention? Look right — there's Da Mao, one of two giant pandas that have just flown in from China on the Panda Express, a specially outfitted jetliner. Harper is officially taking delivery of Da Mao — like panda Er Shun, on loan to Canada from China — at Toronto's Pearson International Airport on Monday. "It's not every day you get to sign for pandas," the prime minister joked. The loan is the result of a deal reached when Harper visited China just over a year ago. FRANK GUNN/THE CANADIAN PRESS

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GT model shown

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GT model shown

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[†]0% APR Purchase Financing is available on select new 2012 and 2013 Mazda vehicles. Terms vary by model. Based on a representative agreement using an offered pricing of \$25,945 for the new 2013 Mazda6 GS-14 (G4S563AA00) with a financed amount of \$25,000, the cost of borrowing for an 84-month term is \$0, monthly payment is \$297.62, total finance obligation is \$25,000. Offer includes freight, P.D.E. and fees. Offer excludes PST/GST/HST. *Finance Pricing for new 2013 CX-5 GX (NVXK63AA00) is \$24,990 financed at 1.99% over 84 months equals bi-weekly payments of \$147 with \$0 down payment, cost of borrowing is \$1,790 with a total obligation of \$26,780. Offer includes freight, P.D.E. and fees. Offer excludes PST/GST/HST. ++Offer available on retail leases of new 2014 Mazda6 GX (G4XL64AA00)/2013 Mazda3 GX (D4XS53AA00) with a lease APR of 4.99%/2.49% and monthly payments of \$299/\$179 for 48/48 months, the total lease obligation is \$17,695/\$8,614, including down payment of \$3,320/\$0. Lease payments include freight and P.D.E. of \$1,695/\$1,695. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies (12¢ per km for CX-5 models). Offers exclude PST/GST/HST. Offered leasing available to retail customers only. Lease offers vary by region and by trim level/model. See mazda.ca or your dealer for lease available vehicles. PPSA, licence, insurance, taxes and down payment are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Lease and finance on approved credit for qualified customers only. Offers valid March 1st - April 1st, 2013 while supplies last. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details. ▼Based on Insurance Institute for Highway Safety. ® Bluetooth is a registered trademark of Bluetooth SIG, Inc.

NRA making robocalls to Newtown



Colours of Sandy Hook Elementary School in Newtown worn by a marcher.
THE ASSOCIATED PRESS FILE

Scene of school shooting. Residents are 'outraged' over the National Rifle Association's lobbying in the town

Some residents of the Connecticut community devas-

tated by December's school shooting said they're outraged over automated phone calls they've received from the National Rifle Association gun lobby only three months after a gunman killed 20 first-graders and six educators.

Newtown residents said the automated calls from the NRA began last week and urge people to tell

'Insensitive'

"This was a really hard week for me on a lot of levels. These calls were the very last thing I needed."

Christopher Wenis, who has a five-year-old who went to pre-school on the Sandy Hook campus. He has received three NRA calls.

their state legislators to op-

pose gun control proposals, which are being debated in Connecticut and other states in the wake of the shooting. Some also said they received postcards from the NRA supporting gun owners' rights.

"It's ridiculous and insensitive," Newtown resident Dan O'Donnell told Hartford-area NBC affiliate WVIT-TV.

THE ASSOCIATED PRESS

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Did you say this was spring?

A commuter walks through a spring snowstorm Monday in Philadelphia. The weakened storm that blanketed the Midwest with heavy snow and slush continues moving east with its cold temperatures and a miserable mixture of snow and rain. MATT ROURKE/THE ASSOCIATED PRESS

New Brunswick. MOH trying to track down men who had unprotected sex

New Brunswick's chief medical officer of health says officials are trying to track down about two dozen men who had unprotected sex with a man who was later diagnosed with HIV.

Dr. Eilish Cleary says a New Brunswick man recently tested positive for the virus and officials are now attempting to contact his sexual partners from the last two years.

Cleary says the man frequently used a website called

www.manhunt.net that facilitates anonymous sexual encounters.

She says the man and the website have been helpful in trying to track down his sexual partners, though it is a difficult process because people typically log on using aliases rather than their real names. Her office issued a statement encouraging people who had unprotected sex to get tested for sexually transmitted diseases. THE CANADIAN PRESS

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**DARTMOUTH
HYUNDAI**

**ENDS
MARCH 30**

metronews.ca
Tuesday, March 26, 2013

BUSINESS

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This ad, depicting Italy's former prime minister Silvio Berlusconi with three bound women in the trunk of a Ford Figgo, was created at advertising agency JWT India and appeared on the site adsoftheworld.com. The CEO of JWT India says that it and two similar ads were never paid for and "were not expected to be released." SCREEN GRAB

Ford India says it's sorry for ad with Berlusconi, bound women

Mumbai. Images that appeared online may never have been seen by anyone at automaker

The Indian unit of Ford Motor Co. has apologized for advertisements deemed as demeaning to women, including one depicting Italy's former prime minister Silvio Berlusconi with a trio of bound women in the trunk of a car.

A Ford India spokeswoman said Monday that the company is investigating whether anyone at the automaker ever saw the print ads, which were never used commercially but appeared over the weekend on a website showcasing cre-

ative advertising.

The ads caused an uproar online and came just after India passed a new law on violence against women following a fatal gang rape of a student on a bus that prompted mass protests and spotlighted the status of women in India.

Featuring Ford's logo, one ad showed three women bound and gagged in the trunk of an Indian-made compact, the Ford Figgo, with Berlusconi smiling from the driver's seat alongside the slogan "Leave your worries behind with the Figgo's extra-large boot."

Ford said Monday that it regrets the incident, calling the images "contrary to the standards of professionalism and decency within Ford."

THE ASSOCIATED PRESS

Ottawa. NDP wants RCMP to investigate budget leak

The RCMP should investigate last week's federal budget leak about tariff reductions because it could have allowed insiders to manipulate markets, the Opposition New Democrats charged Monday. NDP deputy finance critic Guy Caron has written RCMP Commissioner Bob Paulson about "potentially criminal

actions related to a breach of budget secrecy."

The National Post, followed by the Globe and Mail, both reported on the eve of last Thursday's budget delivery that Finance Minister Jim Flaherty would cut tariffs on hockey gear and some baby clothing.

THE CANADIAN PRESS

U.S. high court grapples with pharmaceutical industry's 'pay-for-delay' deals on generics

U.S. Supreme Court justices appeared troubled Monday over whether to stop deals between pharmaceutical corporations and their generic drug competitors that the government says could keep cheaper forms of medicine from American consumers for longer periods of time.

Justices heard arguments from the Justice Department

against what the government calls "pay-for-delay" deals or "reverse settlements."

Such deals arise when generic companies file a challenge at the Food and Drug Administration to the patents that give brand-name drugs a 20-year monopoly. The generic drugmakers aim to prove the patent is flawed or otherwise invalid, so they can

launch a generic version well before the patent ends.

Brand-name drugmakers then usually sue the generic companies, which sets up what could be years of expensive litigation. When the two sides aren't certain who will win, they often reach a compromise deal that allows the generic company to sell its cheaper copycat drug in a few

years — but years before the drug's patent would expire. Often, that settlement comes with a sizable payment from the brand-name company to the generic drugmaker.

The Obama administration, backed by consumer groups and the American Medical Association, wants the court to stop the deals.

THE ASSOCIATED PRESS



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vary depending upon type of property and location. For 2.99%, 3 year fixed rate offer, APR is 3.04%. For 3.59%, 7 year fixed rate offer, APR is 3.61%. ² We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$100,000. ³ The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. These rates can be changed, withdrawn or extended at any time without notice. Residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Market Minute

DOLLAR
97.92¢
(+0.20¢)

Natural gas: \$3.87 US (-6¢)
Dow Jones: 14,447.75 (-64.28)

TSX
12,680.71 (-76.64)

OIL
\$94.81 US (+\$1.10)

GOLD
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CITY: 10.1L/100 KM

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CITY: 10.4L/100 KM

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AND
\$0*
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WARRANTY* OR A FREE
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MARCH 26-27-28-30

**ENDS
MARCH 30**

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CITY: 7.1L/100 KM

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**DARTMOUTH
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**ENDS
MARCH 30**

metro

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VOICES

metronews.ca
Tuesday, March 26, 2013

#SORRYNOTSORRY FOR HASHTAGS

A friend of mine recently told me she is having trouble coming up with a suitable hashtag for her upcoming wedding. Her social-media-savvy guests will want to know what the official wedding hashtag is before they start live-tweeting from the venue and sharing their heavily filtered snapshots all over Instagram. This is a major #firstworldproblem of course, but her panic got me thinking about the symbol's growing cultural relevance.

Twitter first introduced the hashtag concept in 2007 to group conversations and streamline the search function within the micro-blogging site. Today, about one in eight tweets feature words or phrases that are prefixed with a hashtag symbol, which has since been adopted across numerous social-media platforms. Google+, Instagram, Tumblr and Pinterest all support the hyperlinking pound sign and soon, rumour has it, Facebook will finally incorporate hashtags into its interface.

The functional marker has evolved into something much more than its developers could have predicted. The symbol has



SHE SAYS
Jessica Napier
metronews.ca

been embraced by inside jokes and revolutionaries alike, and the humble hashtag helps rally individuals together online and in person and has entirely changed the way we watch award shows. We all know the #Oscars Twitter commentary is much more entertaining than the actual Oscars.

Even more interesting is the way in which this digital code has transcended the realm of social media and is creeping into other forms of communication. I've started noticing hashtagged phrases written out in emails, I spotted a women's athletic shirt with #RUN emblazoned on the front, I've even seen friends use hand gestures to mimic the symbol during in-person conversations. Forget to brush your hair and put on mascara in the morning? Your au naturel look

means you're having a #nofilter kind of day.

Hashtags serve no practical function in these forms but there's evidence of a growing trend; social-media language is migrating away from its intended platform and starting to infiltrate our speech patterns in interesting (albeit sometimes annoying) ways.

We employ these digital hieroglyphs to add new levels of

meaning to our conversations, to offer a clever aside, qualify what we're really trying to say, or underscore our sentences with an additional layer of emotion.

Some of the best hashtag phrases add a sardonic undertone of mocking, because we all know people who deserve to have #whitegirlproblem or #humblebrag shouted at them from time to time.

Away from the keyboard and stripped of its digital functionality, the ubiquitous symbol is becoming increasingly prevalent in face-to-face communication. Who can forget Jack Layton's best dad-joke moment when he referred to Prime Minister Stephen Harper's crime policies as "a hashtag fail."

Some lament the lazy nature of the hashtag, arguing that this idle form of expression is destroying our ability to communicate properly along with other digital shorthand devices such as text-message abbreviations, LOL-speak and emoticons. But anyone who has ever picked up a Shakespeare play knows that dialects evolve over time. We've created a modern hybrid language in blending our spoken and typed words and symbols and, like it or not, the hashtag seems like it's #heretostay.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Balloons not just for clowns and circus folk



DAVID CHESKIN/THE ASSOCIATED PRESS

Gasp! It's time to come up for air

New York artist Jason Hackenwerth starts work on a giant balloon sculpture named Pisces inside the National Museum of Scotland,

in Edinburgh on Monday.

When complete, the sculpture will span three floors of the museum and is designed to represent the natural world.

"Even when I'm in my studio day after day, it always

feels full of new possibilities," Hackenwerth says of his art.

He says he uses balloons as a medium because they are accessible to a wide audience and often take people back to their childhood.

THE ASSOCIATED PRESS

Online

- Listen to the artist discuss his muse and see how he creates the masterpieces at metronews.ca.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's no use crying over what could have been if Twitter had existed at the same time as some of history's more famous events. Take these accounts as inspiration and flex your intellect by reporting your pet historical event as it happened.

@RealTimeWWII:

A day-by-day retelling of the Second World War with a wonderful knack for digging up quotes from world leaders and updates from the war's lesser-known theatres.

@TitanicRealTime:

Right now, everybody is extremely



pleased by reports of the unsinkable liner's luxurious accommodations. But stay tuned — things are about to get real very soon.

@SamuelPepys:

The Great Plague and the Great Fire of London are a few bite-sized eyewitness accounts taken from the English Restoration's most famous diarist.

Twitter

@metropicks asked: China just sent us pandas. What should Canada ship to other countries for diplomatic reasons?

@Dragoniser: The Ontario Liberal Party. They will be out of a job soon anyway.

@kajomha: everything maple!

@IdejTaurin: moose and maple syrup, with some Tim Hortons thrown

in too.

@rosalesj: snow.

@905GoTrainGirl: Tim Hortons

@BaggsMcJungle: Please send China the Three Stooges: Rob & Doug Ford & their fishing buddy, Stephen Harper. If there's room, Gazebo Clementi.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: halifaxletters@metronews.ca

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DVD reviews



Lincoln

Director. Steven Spielberg

Stars. Daniel Day-Lewis, Sally Field, David Strathairn

Neither the title-implied biopic nor an assault on the tear ducts, Steven Spielberg's *Lincoln* serves history by favouring background over foreground. Daniel Day-Lewis's Oscar-winning portrayal of the 16th U.S. President is grounded on the complex humanity of the man, one forced by circumstances to deal not only with epochal national concerns — slavery and the Civil War — but also pressing family ones. His Abraham Lincoln is grey of hair and beard, walks with a slight stoop and speaks in a higher register than our mind's ear may wish to hear. He's capable of thunder — we see glimpses — but he frequently comes across as timorous, in his dealings not only with political foes and allies but also with his high-strung wife Mary (Sally Field) and headstrong son Robert (Joseph Gordon-Levitt). Scripted by Tony Kushner (TV's *Angels in America*, Spielberg's *Munich*) the film loosely adapts Doris Kearns Goodwin's non-fiction best-seller *Team of Rivals: The Political Genius of Abraham Lincoln*. It finds focus in the marrying of high principles with low politics.

PETER HOWELL



Lil Wayne releases his latest album, *I Am Not a Human Being II*, this week. THE ASSOCIATED PRESS

Same old Lil Wayne

New album.
Forget the story line — rapper's strength still lies in his lyrical zingers

Lil Wayne's *I Am Not a Human Being II* album opens with a familiar sound — someone's flicking a lighter. It's Weezy's sonic signature, a long-running nod to the weed, women, booze and bravado that has shaped so many of his musical releases, including his latest.

Now on his 10th album, singles like *No Worries* and the Mike Will Made It-produced *B—s Love Me* sug-

gest that Wayne's priorities haven't changed. Luckily for fans, he covers familiar territory with fresh, tweet-worthy punchlines.

But if you're looking for storytelling, look elsewhere. Wayne's expertise is in lyrical zingers.

He unleashes a dazzling array on the 2 Chainz-assisted *Rich as F—*, which features a standout, swaggering beat from producer T-Minus. "AK on my night stand, right next to that Bible/But I swear with these 50 shots, I'll shoot it out with 5-0/Pockets gettin' too fat, no Weight Watchers, no lipo," Wayne raps.

His performance on the song may very well con-

vince on-the-fence fans that the YMCMB captain still has passion for his craft.

He's entertaining on *Trippy*, one of two tracks produced by Juicy J and Crazy Mike. "I got high, and fell asleep loaded/I woke up and got high again/OK, I'm reloaded," Wayne raps, making no apologies for his recreational activities.

He's a sinister presence over the equally sinister beat of the production duo's *Trigger Finger*, and seems to laugh about his 2010 eight-month jail stint on *Gunwalk* featuring Gudda Gudda.

The songs are reminders of a more focused Wayne — a version of the rapper that seems to be absent from

tracks like *Curtains*, where he phones in lines like "I'm getting cake like I'm Jewish/my n— Drake, he Jewish."

He rages through the heavy metal-influenced *Hello*, but crossing genres doesn't change the same tired content.

And while the hook on *God Bless Amerika* promises a more thoughtful Wayne, his verses don't measure up — a disappointment considering his still-revered status as the best rapper in the game.

Overall, Wayne meets expectations for Wayne these days — not saying much (of substance), but giving listeners plenty to talk about.

THE ASSOCIATED PRESS

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Meyer's desert dream now a feature film

The Host. Twilight author came up with her latest world on a drive from Phoenix to Salt Lake City

RICHARD CROUSE
scene@metronews.ca

Unlike most pop culture superstars, author Stephenie Meyer is not on Twitter. Well, she is, but she's only tweeted twice, both times on April 16, 2009. Still, she has almost 100,000 followers eager to hear any pronouncement from the woman who gave us eternal lovers Bella Swan, Edward Cullen and the Twilight universe.

She had time to tap out

the two tweets because at the time her world "had not been affected by the movies as it is now."

Currently the five Twilight films have grossed over \$2 billion and a new film sits poised to create another Meyer franchise. It's unlikely she'll have time to tweet anytime soon.

The Host, starring Saoirse Ronan, is a science fiction romance based on Meyer's 2008 novel.

"When I came up with the idea I was driving between Phoenix and Salt Lake City," she says.

"Through the desert there really is nothing for hours and hours and I didn't have anyone to talk to, so I was entertaining myself and in the middle of that came the idea of two people, in one body, in love with the same person, and that conflict. I thought,

'That's not a bad idea' and I started working on it, just in my head, until I could get to where I could start typing."

Her love of science fiction dates back to early childhood when her father would read the stories of Frank Herbert, Orson Scott Card and others aloud to the family. "I remember he read us Dune. The first one gave me nightmares."

The home readings, she says, were "great for a growing imagination. I also had a real affinity for that kind of reading so I don't think it was an accident that the second world I created was a science fiction world."

She's quick to point out, however, that The Host is suitable for people who don't necessarily like sci fi.

"It's in our world and it looks the same and people are in our bodies, so it feels

Quoted

"I remember he (Meyer's father) read us Dune. The first one gave me nightmares."

Stephenie Meyer on her earliest experiences with the sci-fi genre

the same.

"You don't have to try and immerse yourself in something that is completely alien to you.

"I think that takes away one of the hurdles for people who aren't sure about science fiction."

As a fan, however, she sees the tantalizing possibilities in the genre.

"Science fiction lets us experience something that we haven't yet," she says, "but we might."



Stephenie Meyer says she's liked science fiction since she was a young girl. THE ASSOCIATED PRESS

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Four weddings and a few red flags



Jesse James

Jesse James has tied the knot for the fourth time, marrying drag racer Alexis DeJoria in Malibu this weekend after dating for less than two months, according to Star magazine. James' most recent marriage — to Sandra Bullock — ended in divorce in 2010 after his infidelity came to light. DeJoria is the daughter of billionaire Paul Mitchell co-founder John Paul DeJoria, who also

helped launch Patron tequila and the House of Blues nightclub chain. "Jesse's always had a man-crush on John Paul, and what better way to get close to him than to get hitched to his daughter?" a source says. "But this marriage will be his fourth. If I were John Paul — after what Jesse put Sandra through — I'd be warning him up front that when it comes to Alexis, he'd better watch his butt."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lindsay's letting loose before lock up

Lindsay Lohan is apparently looking to make the most of her time on the outside before her 90-day sentence in a lock-in rehab facility begins. The troubled actress, who accepted her sentence as part of a plea deal last week, reportedly spent the week-end hitting up nightclubs around Southern California. On Friday, Lohan was spotted "drinking Ketel One vodka on the rocks and smoking Parliaments" at San Diego club Fluxx dressed in a Yankees baseball hat and a hooded sweatshirt, according to Us Weekly. And Saturday



Lindsay Lohan

night found her back in L.A. at Santa Monica's 41 Ocean, where she tried to dodge photographers, according to the Daily Mail. But Lohan has assured her Twitter followers that she's not partying as much as is being reported. "I'm taking this seriously and focused on the road ahead," she wrote before the wild weekend. "Don't believe everything you hear unless you hear it from me." There's still no word on when Lohan will begin her 90 days of treatment.



Spice Girls ALL PHOTOS GETTY IMAGES

Too much of something: A reunion recipe that's one Spice short

Spice Girls fans hoping for a reunion will have to be satisfied with the group's performance at the Olympics last summer, as that's it as far as Victoria Beckham is concerned, according to Radar Online. "Victoria has made no secret of the fact her singing days are over, with a hugely successful business and a growing family," her rep says. "She loved her time as a Spice Girl and will always wish the other girls well in whatever they choose to do." And whatever they choose to do may now include doing a reality show in which they

search for Beckham's replacement, according to the Daily Mail. "The girls, particularly Geri [Halliwell], think there is so much more that they can achieve, and they know that their fans still want to see them perform," a source says. "She would give anything for this to all work out. She has spoken to TV production companies about how it would work and is very excited. They are gradually getting further down the line." A source close to the band, though, insists that the four remaining members would not recruit a replacement.

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Vision restored

Civil engineer with eye disorder waited three years for each cornea transplant

Since her teen years, Sandra vanRassel knew that her vision would one day degenerate. Diagnosed at 18 with Fuchs' dystrophy — a slow-progressing eye disorder that affects the cornea — she expected that at some point in her adult years, cornea transplants would be required to restore her vision.

When vanRassel turned 40, it was time for the transplants, but it would be another three years before the Thunder Bay mom would have her first surgery — a time period when her quality of life was severely diminished.

A civil engineer with Aboriginal Affairs and Northern Development Canada, she was unable to work for three years. However, driving was impossible, as were simple tasks such as reading mail. Friends and family rallied to help vanRassel with her grocery shopping and social outings like her son's playgroup.

"I couldn't even see my son's nose running; if he had a cold, I wouldn't know it," recalls vanRassel, now 47. "[The other moms] would come and see me and say, 'He needs his nose wiped.'"

She had transplants in 2007 and 2010 at Toronto Western Hospital. In total, she waited six years — three for each eye. This long wait time is all too common, according to Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

"In Manitoba, we handle a waiting list for five surgeons — which [would be] about 120 patients — all the time," Rocha says. "I had a patient that was really frustrated. He had been waiting for a year and a half."

Part of the problem lies with how the system is organized in Canada. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists.

It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say [cornea transplant] is the easiest," Rocha says. "You basically want



Sandra vanRassel: "It would be nice to have a shorter waiting list... and if more people registered and donated."

a cornea that is healthy."

Individuals who are near- or farsighted, for example, are still good candidates as cornea donors.

At any given time, more than 2,000 people may be waiting for transplants across Canada (excluding the province of Quebec) and wait times can vary from six months to three years.

"The sad thing is that we know if we were [somewhere else] — the United States or even India and Colombia — they would be getting [corneal] tissue within two weeks," says Rocha.

Waiting lists are almost non-existent in other countries, including the U.S. and the U.K.

"You can schedule a surgery there and you know a cornea will be available. The wait is weeks, not months or years," says Mathias Haun, director of strategic planning for tissues at Canadian Blood Services, a non-profit organization. Their mandate, in addition to managing the blood supply for Canadians outside Quebec, includes increasing public education and awareness about organ, eye and tissue donation and transplantation.

increase national awareness around the importance of eye and tissue donation to help people like Sandra vanRassel.

With her vision now restored to 20/30 through the use of lenses — up from 20/80 and 20/90 before the operations — the frustration that came with those long waiting times has dissipated, now replaced with gratitude.

"It would be nice to have a shorter waiting list and it would be nice if more people registered and donated," she says, "but I am still very appreciative of those who did decide to donate."

For vanRassel, the donors were a 15-year-old girl and a 50-year-old father. She wrote letters of gratitude to their families — a process so overwhelmingly emotional that it took a year to complete the first letter.

"It's so hard to write a letter and thank people for what you've gained when they've lost," says vanRassel, choking up at the memory. "I can't say thank you enough to those families."

Because she knew as an 18-year-old that she'd eventually need transplants, vanRassel says she's always supported organ and tissue donation. But in the years since her surgeries, her advocacy has grown stronger.

"I push more for it and try to make people aware of how they can help other families and how important it is," she says. "But I don't think some people realize how much they can help other families."

"I hope that other families who do give donations realize how much it is appreciated... it's so nice to know that there are people out there who will make that choice."

Canadian Blood Services hopes to

Want to donate? Here's how

Canadian Blood Services, CNIB and the Canadian Ophthalmological Society are partnering to encourage people to consider becoming an eye donor.

According to recent polls by Canadian Blood Services, 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent of Canadians say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

The ways to register or declare your intentions to donate vary from province to province.

Go to organsandtissues.ca/donate and click on your province to find out how to become a donor.



Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada is long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant.

Transplant wait times in Canada can vary from six months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant. People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32 per cent, and 50 per cent of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

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Could this alkaline diet change your life?

Mythbusting. Your body shouldn't be high on acid. Victoria Beckham's favourite cookbook, *Honestly Healthy*, looks at how alkaline-forming foods help you lose weight, be happy and fight insomnia. Metro investigates the claims

ROMINA
MCGUINNESS
life@metronews.ca

"Our bodies function best when in an alkaline state. Yet, much of our eating trends and diets are very acid-forming in the body, leading to internal stress," Vicki Edgson, nutritionist and co-author of *Honestly Healthy*, tells Metro.

Why? Because other than in the stomach, which is highly acidic in order to break down food and kill bacteria, everything else in the body runs at an alkaline level.

"All our bodily fluids (blood, serum, urine) are between 7.35 and 7.45 on the pH scale. Matching this alkaline state makes it far easier for the body to digest, absorb and derive energy from the

The author



"Our bodies function best when in an alkaline state. Yet many diets are acid-forming, leading to internal stress."

Vicki Edgson, nutritionist
Author of *Honestly Healthy*

food we consume," she explains.

But certain staples, such

as coffee, milk and red meat, score between four to six on the pH scale.

When digested, they form acidic residues in the bloodstream.

"This places a heavier burden on the kidneys and liver to break them down further, as both organs require an increase of certain minerals in order to buffer such acidity," warns Edgson.

Edgson makes sense and *Honestly Healthy's* recipes are delicious — we've tried them — but are her claims correct?

We asked Amanda Griggs, Nutritional Therapist at the



Balance Clinic London (whose clients include supermodel Elle Macpherson) to weigh in on the claims.



**70% alkaline,
30% acidic =
balance?**

What the nutritionist says: "True! An alkaline diet is basically a healthy one that includes fresh vegetables, fruit, nuts and water but excludes excessive amounts of processed foods, coffee, and alcohol."

Good food will improve a mood

What the nutritionist says: "Alkaline foods such as green leafy vegetables, nuts and seeds are rich in magnesium, folic acid and B vitamins that stimulate and increase serotonin levels."



You'll lose weight naturally

"ninety-nine per cent of people put on weight when they're unhappy and therefore eating inappropriately. But if you feel great, you'll lose any excess body weight anyway," claims Edgson.

What the nutritionist says: "True! Over-acidity can equal weight gain."

Clear skin, shiny hair & better BO

What the nutritionist says: "True! The body neutralizes excessive acids with alkaline minerals such as magnesium and potassium. An excessively acidic diet puts a strain on the organs of elimination such as the colon and skin."



Better sleep/focus

What the nutritionist says: "True! With a constant onslaught of a high acidic diet that includes stimulants such as caffeine, sugar and alcohol, the body resorts to leaching valuable electrolytes such as calcium, magnesium, potassium and sodium from vital organs and blunt valuable hormones, which we need for restful sleep."

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Parenthood



Study reveals much of mice and mammals

A study published in The Journal of Neuroscience found that sexually naive mice respond aggressively to chemical signals (most likely pheromones) from newborn pups, while pup pheromone perception is suppressed in fathers (sexually-active male mice), tending to make them more nurturing.

The findings may help scientists to better understand the changes that take place in the brains of some mammals during the transition into parenthood.

LINDA CLARKE / METRO NEW YORK

Pubic hair removal may increase sexually transmitted infection risk

New health study.

Researchers show how certain STI's have risen as the popularity of Brazilian waxing has taken hold

A recent study published in sexually transmitted infections found that Brazilian waxing and other types of pubic hair removal, including shaving, was a possible link to an increased risk of a viral infection called molluscum contagiosum.

Molluscum contagiosum is a poxvirus that can be passed on through sex, but it is also easily spread by self-infection, such as scratching.

Researchers say the risk seems higher with shaving than waxing and that other STIs, such as genital warts, could be more frequent with genital hair removal.

Over the past decade, researchers noted that the



Clean shaven may not be as clean as some think. ISTOCK PHOTOS

number of sexually transmitted cases molluscum con-

tagiosum had risen, just as the popularity of pubic hair

removal had also increased.

LINDA CLARKE / METRO NEW YORK

Hormones

Working on a night shift could up the odds of contracting ovarian cancer

New findings published in Occupational and Environmental Medicine state that shift work may be associated with an increased risk of cancer.

Researchers think that the result could be due to lower melatonin production.

This hormone is mostly produced at night and regulates reproductive hormones, particularly estrogen. It also destroys cancer-causing free radicals and boosts antioxidant production in the body.

The International Agency for Research on Cancer (IARC) has classified work schedules that disrupt the body's normal time clock (circadian rhythm) as a probable cancer-causing agent.

LINDA CLARKE / METRO NEW YORK

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Mussels: art of simplicity



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These simple and delicious Mussels with Tomatoes, Basil and Garlic can be either an appetizer or a main meal.

Serve the dish with a wholegrain French or Italian loaf to mop up the flavourful juices.

Ingredients

- 2 lb mussels in the shell
- 1 1/2 tsp vegetable oil
- 3/4 cup finely diced onion
- 3/4 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini (optional)
- 2 tsp crushed fresh garlic
- 1 can (14 oz) tomatoes, drained and chopped
- 1/3 cup dry white wine or fish stock
- 2 tbsp tomato paste
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/3 cup chopped fresh basil



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Discard any mussels that don't close when tapped. Scrub the mussels under cold water and pull off the beards. Set the mussels aside.

2. Spray a large non-stick saucepan with cooking oil, add the vegetable oil and place over

medium-high heat. Add the onions, bell pepper, zucchini (if using) and garlic; sauté for 5 minutes. Add the tomatoes, wine, tomato paste, dried basil and oregano; cook on medium heat for 10 minutes, stirring occasionally until sauce thickens slightly.

3. Add mussels. Cover and cook until mussels are fully open, 4 to 5 minutes. Discard any that do not open. Arrange in individual bowls and pour sauce overtop. Garnish with basil. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

Spring a leek today



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Any day now we are going to start seeing a spring crop of leeks.

And, like the middle child, they do require some effort (sorry middle kids) but pay dividends in the end.

Clean them up, treat them properly and you will never look back to plain old onions again.

• When cleaning leeks, it is best to cut them lengthwise into semi cylinders rather than rings. Cold running water between the layers removes the grit better so you won't

feel like you are eating a sandbox.

• Pan fry in butter with high heat to help brown and crisp the delicate fibres or they can become a slimy mush.

• Think about cooking a double batch and storing in the fridge to top soups, pastas and pizzas all week long much like caramelized onions ... only better.

Leeks provide more vitamin C, iron, Vitamin A and fibre than an equal amount of onion, but their unique, milder flavour really hits home on a cold, rainy day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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I'm sorry for sleeping with your girlfriend, and other apologies

Memoir.

Columnist says we try our best but we all mess up — yet we're all deserving of forgiveness

Dave Bry is a professional apologizer, first in a Dear (Person He's Wronged) column online and now a letter-by-letter memoir of messing up and making amends.

Out Tuesday, Bry's Public Apology is stuffed with wrongs, from the foibles of an anxious, surly tween in New Jersey to the regrets of a 20-year-old who drinks and does drugs too much, losing his father to cancer at a crucial time in his youth.

Could you fill a book with apologies? Bry has no trouble.

Through high school in Little Silver, N.J., Bry spends a lot of time apologizing for bad behaviour at school as he set a record for detentions and tried to lose his virginity. He succeeds with the girlfriend of a classmate. And he's sorry.

Was the idea for the book to share something of yourself beyond the usual memoir?

I'm a little reluctant to talk about it in terms of getting weight off my shoulders, confessing for the sake of (alleviating) guilt. In my least generous look at it, I'd call it a gimmick. But I relate well to other stories told in the first person, that feeling of, 'Oh man, it could have come out

of my own head.' The loftiest goal of the book would be that people might relate to it and remember, 'Oh my god, I remember when I did that stupid, embarrassing thing, and I remember when I was such a jerk and I've been beating myself up about it since.' It's nice to know that other people feel that way.

Were you trying to get in touch with your previous selves?

I think about the stuff that I've done wrong a lot. I'm a real harsh judge of behaviour, probably most harshly my own. I look at my behaviour pretty closely and look back on things and can identify many, many times in my life that I screwed up. I think I've always been looking back five years and

thinking, 'Oh my god, thank god I'm not that same person. I was such an idiot.'

Do you have more to apologize for than the average person?

No. The way that I look at it is that we're all pretty much the same, and some of us maybe will feel more guilty about stuff, and maybe get more hung up. I think my northeastern Jewish upbringing made me lean in that direction, toward the kind of Woody Allen, hand-wringing guilt. But I think everyone's equally guilty, except the extreme examples. Basically, I think, we're all trying to do our best in this world, and we all mess up a lot. The flip side is we're all deserving of forgiveness.

THE ASSOCIATED PRESS



Dave Bry, author of *Public Apology: In Which a Man Grapples With a Lifetime of Regret, One Incident at a Time*. GRAND CENTRAL PUBLISHING / THE ASSOCIATED PRESS

Can you claim tax credits for an infirm parent?



There are several caregiver tax credits available to taxpayers. ISTOCK IMAGES



YOUR MONEY
Alison Griffiths
money@metronews.ca

Millions of Canadians are caregivers but are confused about whether they can claim caregiver tax credits for the elderly. This reader is one of them:

"My mother is 80 and lives with me. Her income from OAS and GIS (guaranteed income supplement) is \$15,000. She can still do the daily basic necessities but

her hearing is poor. I assist her with doctor appointments and ensure she is taking her daily medication. Can I claim any credits?" T.E.

It's a bit of a puzzle because there are three "caregiver" credits under the category, Supporting Other Infirm Adults, meaning other than a spouse.

These include line 305 (amount for eligible dependent), line 306 (amount for infirm adults age 18 or older) and line 315 (caregiver amount).

Line 315 is the most likely credit for you. The caregiver

amount is \$4,402 for a dependent who is not infirm and \$6,402 if the person is infirm. The non-refundable tax credit is phased out when net income exceeds \$21,435 for the infirm and \$19,435 for those who are not infirm.

Line 305 (amount for eligible dependent) used to be called the equivalent to spouse amount. You must be single and have your mother living with you. This credit is phased out when net income exceeds \$10,822 for those who are not infirm.

You should talk to your

mother's doctor to find out how she might be classified. The definition of infirm is hazy and somewhat subjective. If she's considered infirm, the line 306 tax credit also applies.

Also, if your mother's hearing loss qualifies her for the Disability Tax Credit (DTC), it could be transferred to you to reduce your taxes. A health professional will need to fill out the DTC application form, T2201, at cra-arc.gc.ca/E/pbgt/tf/t2201.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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QMJHL

Halifax, be ready for another challenge: Sea Dogs coach

The head coach of the Saint John Sea Dogs is demanding one thing from his players for Game 3 against the Halifax Mooseheads on Tuesday night — their best effort.

"We'll approach it the same as we've approached games all year long," Mike Kelly said. "We have no control over what the opposition does."

That all-out doggedness he's demanded throughout the season was on display in Game 2 of their opening-round playoff series on Saturday when the Herd had to overcome a one-goal deficit to beat the Sea Dogs 2-1.

Though many expected a rebuilding Saint John team to crumble the night after an 11-1 pummelling, Kelly knew better.

"We can't ask them to perform miracles but I was really happy with their compete level, especially our younger players," he said. "Halifax came out strong in the second period but unlike the night before where we wilted a little bit, this time we bent but we didn't break."

He's quick to point out that his goalie Sebastien Auger, who made 43 saves on the night, was his best player.

He's expecting no less on Tuesday.

"It's not rocket science. You play hard, aim to get it down to the 1-on-1 battles. You can't do a lot more than just try your best. Win or lose, we move on."

ANDREW RANKIN/METRO



Halifax Mooseheads forward Brent Andrews tries to hold on to the puck as a falling Saint John Sea Dog Pierre Durepos makes a grab for it during Game 2 on Saturday at the Metro Centre. JEFF HARPER/METRO

Andrews setting bar high early in playoffs

QMJHL. Game 2's player of the game affecting matchup on a number of fronts



ANDREW RANKIN

andrew.rankin@metronews.ca

Every successful team has one: That player who chips in with timely goals, is relied upon to win key faceoffs and plays a critical role on the penalty kill.

For the Halifax Mooseheads, it's Brent Andrews.

Besides the Herd's top line, who combined for 18 points in

last Friday's playoff-opening 11-1 beat-down of Saint John, Andrews is the guy Mooseheads head coach Dominique Ducharme is particularly pleased with.

"I like the way he is playing right now in the first two games," Ducharme said. "He's skating well, he's playing physical and he's attacking the net. He's always good on the faceoffs, the PK, in those areas, but when he adds the physical element like he's doing right now he's tough to play against."

Andrews picked up a goal in Games 1 and 2, the latter of which happened to be a short-

On the road

Games 3 and 4 will be played at Saint John's Harbour Station on Tuesday and Wednesday at 7 p.m.

- Metro reporter Andrew Rankin and photographer Jeff Harper will be at the game. A story will be posted immediately after the game ends at metronews.ca/halifax.

goal.

Afterwards, the Mooseheads coaching staff chose Andrews as the player of the game.

Preparing for Games 3 and 4 on Tuesday and Wednesday in Saint John, Ducharme is expecting Andrews and the rest of the Mooseheads supporting cast to raise their level of play.

But at the same time, Ducharme is taking Saturday's razor-thin 2-1 victory in stride, calling it a playoff-type win. The Mooseheads outshot the Sea Dogs 45-15.

"You need to be prepared in the playoffs to win all kinds of games," he said.

4 SPORTS



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NHL. Leafs blow two-goal cushion as Bruins come back to win in a shootout

Patrice Bergeron scored the tying goal with 9:24 left in regulation, then put Boston ahead in the shootout as the Bruins held on for a 3-2 victory over the Toronto Maple Leafs on Monday night.

Milan Lucic also scored for Boston, which rallied from a 2-0 deficit and improved to 11-2-1 at home this season.

Joffrey Lupul scored on Toronto's first power play, giving the Leafs a 1-0 lead. Nikolai Kulemin put the Leafs up 2-0 on a breakaway with 11:59 left in the second.

THE ASSOCIATED PRESS



Maple Leaf Nazem Kadri reaches for the puck past Bruin Patrice Bergeron in Boston on Monday.

WINSLOW TOWNSON/THE ASSOCIATED PRESS

NBA

Orlando short on magic vs. Miami

LeBron James left one rebound shy of a triple-double, feigning a bit of frustration as he checked out of the game.

That's about all the

Miami Heat can complain about these days.

James finished with 24 points, 11 assists and nine rebounds, and the Heat won their 27th straight game by running away in the final minutes to beat the Orlando Magic 108-94 on Monday night.

THE ASSOCIATED PRESS

Tiger climbs back atop the mountain in world rankings

PGA. Woods cruises to win at Arnold Palmer Invitational to take No. 1 spot from McIlroy

Tiger Woods is back to No. 1 in the world with a game that looks as good as ever.

Woods walked off the 18th green on Monday waving his putter over his head — his magic wand this week at Bay Hill — to acknowledge the fans who have seen this act before. He won the Arnold Palmer Invitational for the eighth time to tie a PGA Tour record that had not been touched in 48 years.

This win had extra significance. It returned Woods to the top of the world ranking for the first time since the final week of October 2010, the longest



Tiger Woods acknowledges the crowd after winning the Arnold Palmer Invitational in Orlando, Fla., on Monday. DAVID CANNON/GETTY IMAGES

spell of his career.

"It's a byproduct of hard work, patience and getting back to winning golf tournaments," he said.

Woods never let anyone

closer than two shots in the final round at Bay Hill that was delayed one day by storms. With a conservative bogey he could afford on the last hole, he closed with a 2-under 70 for a two-shot win over Justin Rose.

Next up is the Masters, where Woods will try to end his five-year drought in the majors.

Woods fell as low as No. 58 in the world as he coped with a crisis in his personal life and injuries to his left leg. One week after he announced he was dating Olympic ski champion Lindsey Vonn, Woods celebrated his third win of the season.

Rory McIlroy had been No. 1 since he won the PGA Championship last August. He can reclaim the No. 1 ranking by winning the Houston Open this week while Woods will be inactive until the Masters in two weeks. THE ASSOCIATED PRESS

Tiger subdued

Snarl buried below the surface



CATHAL KELLY
Special to Metro

He was never very giving of himself. Having returned to the top on his knees, Tiger Woods gives nothing any more.

"How does it feel, after all this time?" Woods was asked, seconds after winning the Arnold Palmer Invitational. If ever there was a moment to look back from the top and appreciate the difficulty of the climb, this seemed like it.

"It's a byproduct," Woods said evasively, and with an odd hint of menace. "A byproduct of hard work."

The game has returned, but the swagger that once accompanied it is gone.

Woods is 37 years old.

He looks younger.

He plays older. **GO TO**

METRONEWS.CA/VOICES

FOR MORE FROM CATHAL

KELLY ON TIGER WOODS.



NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Miami	56	14	.800	—
x-Indiana	44	27	.620	12½
x-New York	42	26	.618	13
x-Brooklyn	41	29	.586	15
Chicago	38	31	.551	17½
Atlanta	39	32	.549	17½
Boston	36	33	.522	19½
Milwaukee	34	35	.493	21½
Philadelphia	27	42	.391	28½
Toronto	26	44	.371	30
Washington	26	44	.371	30
Detroit	24	47	.338	32½
Cleveland	22	47	.319	33½
Orlando	18	53	.254	38½
Charlotte	16	54	.229	40

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	53	17	.757	—
x-Oklahoma City	52	19	.732	1½
x-L.A. Clippers	48	22	.686	5
x-Denver	49	23	.681	5
x-Memphis	47	23	.671	6
Golden State	40	31	.563	13½
Houston	39	31	.557	14
L.A. Lakers	36	34	.514	17
Utah	34	36	.486	19
Dallas	34	36	.486	19
Portland	33	37	.471	20
Minnesota	24	44	.353	28
New Orleans	25	46	.352	28½
Sacramento	25	46	.352	28½
Phoenix	23	48	.324	30½

x — clinched playoff spot; y — clinched division.

Monday's results

Indiana 100 Atlanta 94
Washington 107 Memphis 94
Miami 108 Orlando 94
New Orleans 110 Denver 86
Utah 107 Philadelphia 91
L.A. Lakers at Golden State

Sunday's results

Atlanta 104 Milwaukee 99
Miami 109 Charlotte 77
Houston 96 San Antonio 95
Chicago 104 Minnesota 97
Oklahoma City 103 Portland 83
Dallas 113 Utah 108
Brooklyn 102 Phoenix 100
Philadelphia 117 Sacramento 103

Tuesday's games — All times Eastern

New York at Boston, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
L.A. Clippers at Dallas, 9:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	33	25	8	0	116	84	50
New Jersey	33	15	11	7	82	89	37
NY Rangers	31	15	13	3	73	76	33
NY Islanders	32	14	15	3	93	105	31
Philadelphia	31	13	16	2	82	94	28

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	31	21	7	3	89	66	45
Montreal	31	20	6	5	98	77	45
Ottawa	33	18	9	6	86	72	42
Toronto	33	17	12	4	99	95	38
Buffalo	32	13	15	4	86	100	30

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	33	17	14	2	84	98	36
Carolina	30	15	13	2	85	86	32
Washington	32	15	16	1	92	90	31
Tampa Bay	32	13	18	1	103	98	27
Florida	33	9	18	6	78	116	24

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results

Boston 3 Toronto 2 (SO)
Nashville 3 Edmonton 2
Ottawa 3 New Jersey 2 (SO)
Los Angeles 5 Chicago 4
Minnesota 7 Dallas 4
Detroit at Phoenix
San Jose at Anaheim

Sunday's results

NY Islanders 3 Florida 0
Washington 3 NY Rangers 2 (SO)
Pittsburgh 2 Philadelphia 1 (OT)
Calgary 3 St. Louis 2
Detroit 2 Anaheim 1
Winnipeg 3 Tampa Bay 2
Vancouver 3 Colorado 2

Tuesday's games — All times Eastern

Montreal at Pittsburgh, 7 p.m.
Florida at Toronto, 7 p.m.
NY Islanders at Washington, 7 p.m.
Winnipeg at Carolina, 7 p.m.
Buffalo at Tampa Bay, 7:30 p.m.
NY Rangers at Philadelphia, 7:30 p.m.
Edmonton at St. Louis, 8 p.m.
Calgary at Chicago, 8:30 p.m.
Columbus at Vancouver, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	24	3	3	102	66	51
Detroit	32	16	11	5	87	81	37
St. Louis	31	17	12	2	92	86	36
Nashville	32	13	13	6	80	86	32
Columbus	32	13	13	6	75	85	32

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	32	17	9	6	87	85	40
Minnesota	30	18	10	2	79	71	38
Edmonton	30	11	12	7	72	88	29
Calgary	30	12	14	4	85	103	28
Colorado	31	11	16	4	79	100	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	31	22	5	4	101	78	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

SCORING LEADERS

	G	A	Pt
Crosby, Phg	14	39	53
Stamkos, TBL	22	19	41
Kunitz, Phg	19	22	41
St-Louis, TBL	7	33	40
Kane, Chi	16	22	38
Getzlaf, Ana	12	24	36
Staal, Car	14	21	35
Tavares, NYI	19	15	34
Kadri, Tor	14	20	34
Ribeiro, Wash	10	24	34
Vanek, Buf	16	17	33
Moulson, NYI	11	22	33
Datsyuk, Det	10	23	33
Ladd, Win	14	18	32
Voracek, Phi	13	19	32
Duchene, Col	12	20	32
Ovechkin, Wash	16	15	31
Parenteau, Col	14	17	31
Zetterberg, Det	8	23	31
Neal, Phg	17	13	30
Toews, Chi	15	15	30
Kessel, Tor	10	20	30

Monday's games not included

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metro



Horoscopes

Aries

March 21 - April 20

Taking care of other people's needs may be a chore you would prefer to avoid but it has to be done. You may even be surprised to discover you actually quite enjoy the experience.

Taurus

April 21 - May 21

You may be desperate to know what's going on but don't let others know or they'll play games with you. Pretend you don't care and they'll let you in on the joke.

Gemini

May 22 - June 21

With Jupiter, planet of good fortune, transiting your sign and linked to Mars, there is no way you can lose. Even if you do end up a few dollars out of pocket, you will make up for it in other ways.

Cancer

June 22 - July 23

The planets make it clear that the right time to boost your standing is today. Someone in a position of authority will look kindly on your bid for a promotion or a raise, but only if you make that bid now.

Leo

July 24 - Aug. 23

You know what is right and you know what is wrong, so what's the problem? The planets are asking you a simple question: Do you act according to your higher or your lower nature? So, what's your answer?

Virgo

Aug. 24 - Sept. 23

You may not see a direct link between what you do for someone today and what others do for you tomorrow, but it is there. It's a law of the universe that if you help others, you also help yourself.

Libra

Sept. 24 - Oct. 23

You won't have to work hard to get what you want today. With Jupiter transiting one of the best areas of your chart, many things come easy to you. Think what you might achieve if you make a serious effort.

Scorpio

Oct. 24 - Nov. 22

You may seriously be thinking about giving up on your quest. Don't! You may still be some way to from the place you want to be but half your journey is already behind you.

Sagittarius

Nov. 23 - Dec. 21

It may look as if some people have been less fortunate than you but there is no reason why you should feel guilty about it. Be the best you are at what you do and set an example.

Capricorn

Dec. 22 - Jan. 20

Don't interfere in a situation that has nothing to do with you. However pure your intentions, you will most likely annoy a friend or relative and may even make the situation worse than it was before.

Aquarius

Jan. 21 - Feb. 19

You feel you should be doing something more, something that has meaning. Has it not occurred to you that just being yourself is enough? Maybe you are standing too close to yourself to see it.

Pisces

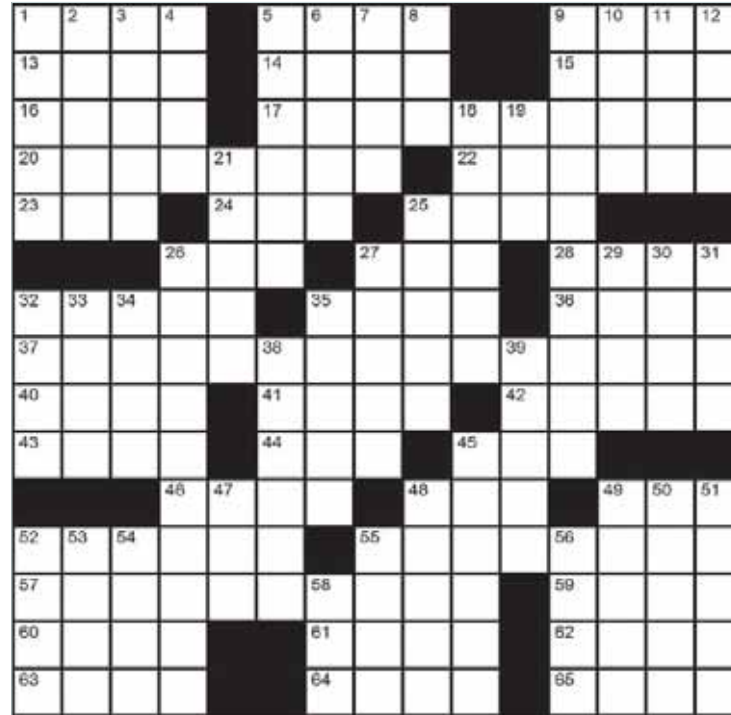
Feb. 20 - March 20

You can devote the day to pleasure or to work —the choice is yours alone to make. Whichever course you choose, some people are sure to complain but you must ignore them. Their pleasure, it seems, is complaining. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Pink Floyd's "Comfortably ___"
5. Gremlins
9. Operation-giver, for short
13. "Are you ___ out?": 2 wds.
14. Say ___ (Deny): 2 wds.
15. "Dynamite" singer Mr. Cruz
16. "Star Trek: Deep Space ___"
17. "Run Run Run" band from Toronto
20. Canadian fashion brand: 2 wds.
22. Flood-stoppers
23. Bug
24. Half of two
25. Feeling
26. Protrude
27. ___ Engr.
28. Herb
32. Mixtures
35. Compete on ABC's "Splash"
36. Puccini aria: "___ Babbino Caro"
37. RCAF's CF-18: 2 wds.
40. Store door sign
41. South's opposite, in French
42. Curses
43. Swedish artist, Anders ___
44. Aunt: Spanish
45. Iceland band, Sigur ___
46. House's back or front area
48. Endings for many Y-ending words when plural
49. Job applicant's 9-digit ID
52. Jagged chain of mountains
55. Quebec locale historically a mining town
57. Component of any makeover: 2 wds.
59. Songstress Ms. Perry



Down

1. "Teenage Mutant ___ Turtles"
2. Toronto's ___ Station
3. French impressionist, Claude ___
4. Brief: French
5. Tab key function
6. Kind of code
7. Memphis deity in
60. Bryan Adams' "18 ___ Die"
61. Comic strip, ___ and Janis
62. Tehran's locale
63. Dutch city
64. "As if!": 2 wds.
65. Richie's mom to Fonzie, ___

Yesterday's Crossword

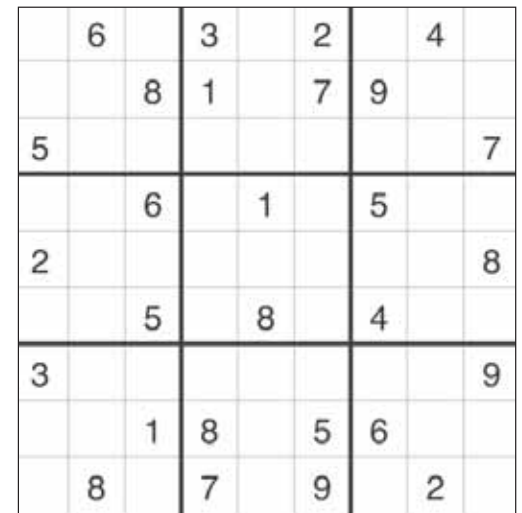


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



- ancient Egypt
8. Soak, in dialect
9. Dock workers
10. 'Grad' add-on (Get a diploma)
11. Ceremony
12. Proceeds
18. Master Twist, Charles Dickens character
19. Bird beak
21. Awaken
25. Brilliant
26. "Fire It Up" born in Scotland/raised in Canada singer: 2 wds.
27. Single-named American songstress
29. Jumbo-sized movie venue
30. Vitality
31. Oodles
32. "The Wizard ___" (1939): 2 wds.
33. Prefix with 'suction'
34. Disney CEO, Bob ___
35. Sci-Fi character
38. Catch
39. Selected
45. Start the computer again
47. 'A' in ETA, for short
48. Basket fibre
49. Ringo's last name
50. Wee bits
51. "Bye Bye Bye" band
52. U.S. pre-coll. exams
53. "___ were up to me..."
54. French: Ici ___ (Here and there)
55. Two choices, ___
56. ___ milk
58. Yes, in Japan

Today



Wednesday



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